**Sacred Space Prayer**

*According to Scripture, it is the heart that prays. If our heart is far from God, the words of prayer are in vain. CCC 2562*

I would begin any prayer service with the understanding that we need to approach prayer with the right frame of mind, heart and spirit – or there is no point in engaging in our prayer.

If I followed the December 5th prayer service in Sacred Space, (<http://www.sacredspace.ie/daily-prayer/2011-12-05>) I would follow these prayer activities one per day for at least a week. Students in a primary/junior class (grade 4) would need preparation for this activity. I would not present this as a PowerPoint, but rather, I would read to them (in simpler form) the instructions for the breathing, etc. I would ask students to close eyes or fix on an appropriate object to help focus/concentration. I would use candle light and the music would likely be Taize (chant/Gregorian style music/hymns) which would give a meditative atmosphere to the experience. I think younger students would react positively to this and they would even like this kind of prayer because it would seem “novel”. Also, as the Scripture is read, I would ask students to meditate on the story by picturing themselves as one of the “characters” in the story. One day of Sacred Space could present a week’s worth of prayer and contemplation. With this type of prayer, students could follow up with various artistic responses to the experience.